



Testing Requirements for: **Yellow Belt with black stripe (10th Kyu)**

\$20

- First Basic Kata (between 10-20 moves)
- Back fist, Reverse punch, Front kick combination (defending & attacking)
- Count from 1-10 in Japanese
- Carry someone on back for First Basic Kata
- 1min, 15sec on the wall
- Break board with hammer fist
- Kumite for up to 5 minutes
- Define: Matsubayashi Shorinryu

I helped clean the dojo on: _____

I helped at home doing these chores:

- 1.
- 2.
- 3.